



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

OCTOBER 2019

STEP UP TO PREVENT FLU

Flu can spread quickly from person to person. Know the steps you can take to help stop the spread of flu.

Step 1: Get your flu shot

Everyone age six months and older is recommended to get a flu shot each year by VA and the Centers for Disease Control and Prevention (CDC). The flu shot is the best way to slow the spread of flu from person to person. Make sure you get a shot every year as flu viruses change from year to year.

Step 2: Know how flu is spread

When a person with flu sneezes, coughs, talks, or laughs, flu virus can spread into the air as droplets — reaching people and surfaces up to six feet away! Flu virus can spread to your hands if you touch anything that has the virus on it. If you then touch your

eyes, nose, or mouth, you might get flu. You can spread flu to others about one day before you feel sick and up to five days after getting sick.

Step 3: Know the symptoms of flu

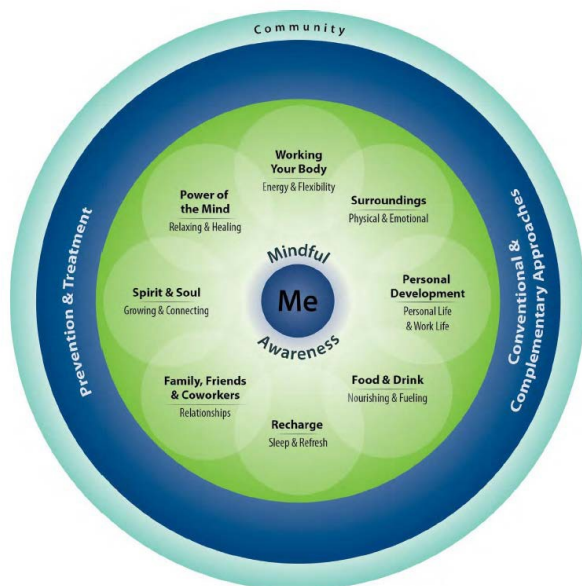
You may have flu if you have:

Fever (100 degrees F or higher)
Feel tired or weak (can be extreme)
Sore throat
Nausea or vomiting

Body and muscle aches
Cough
Runny or stuffy nose
Stomach symptoms (mostly in children)



Introduction to Whole Health



“Whole Health” is an approach to healthcare that empowers and equips people to take charge of their health and well-being and to live their life to the fullest. VA facilities have been exploring what it takes to shift from a system designed around *points of clinical care* primarily focused on disease management, to one that is based in a *partnership across time* focused on whole health. We need a health system focused not only on treatment but also on self-empowerment, self-healing, and self-care. The Whole Health delivery system consists of three components: Empower, Equip and Treat. This approach not only partners with Veterans to improve their whole health, but is also critically important for Veterans with complex conditions, such as chronic pain and mental health.

The Components of Proactive Health and Well-Being picture will help you think about your whole health. All of the areas in the circle are important. They are all connected. Improving one area can benefit other areas in your life and influence your overall physical, emotional, and mental health and well-being. The human body and mind have tremendous healing abilities and we can strengthen these healing abilities.

In this model, the inner circle represents you, your values, and what really matters to you. The following circle represents Mindful Awareness, which means being fully aware, or paying attention in the moment, so that you can make conscious, proactive choices about every aspect of your health.

The next area includes a series of eight concentric circles representing your self-care, which includes all the choices you make on a daily basis that affect your physical, mental, and spiritual health. Next is a ring to represent the professional care you receive as a part of the prevention and treatment of illnesses or diseases, including both traditional and complementary medicine, such as acupuncture, yoga, tai chi and mind-body therapies. The outer ring represents the people and groups to whom you are connected, reflecting your community.

For more information please call (601) 362-4471, extension 56014, 52545, or 53169.

**To learn more about living a healthier, happier
and purpose-filled life
drop in at one of our walk-in sessions
on the
1st and 4th Thursday of each month
from 1—3 p.m.
in Room L-303A.**

October is National Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

The American Cancer Society guidelines are as follows:

- The ACS recommends that women with an average risk of breast cancer should undergo regular screening mammography starting at age 45 years.
- Women aged 45 to 54 years should be screened annually.
- Women 55 years and older should transition to biennial screening or have the opportunity to continue screening annually. Women should have the opportunity to begin annual screening between the ages of 40 and 44 years.
- Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.
- ACS does not recommend clinical breast examination for breast cancer screening among average-risk women at any age.



How can National Breast Cancer Awareness Month make a difference?

We can use this opportunity to spread the word about taking steps to detect breast cancer early. Here are just a few ideas:

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.



The VA's Intimate Partner Violence (IPV) Assistance Program is committed to helping Veterans and their partners, as well as VA staff, who are impacted by IPV.

If you, or someone you know, could be experiencing or using IPV, confidential help is available.

Call your local IPV Assistance Program Coordinator:

Rose M. Sanders, LCSW
Intimate Partner Violence Assistance Program Coordinator
and/or call the National Domestic Violence Hotline at
1 (800) 799-SAFE (7233)

Did you know that October is National Domestic Violence Awareness Month?

Help us celebrate healthy relationships. Stop by the Medical Center Atrium on Wednesday, October 23, 2019 from 10 a.m.—12:30 p.m. to learn more.

If you are in need of assistance, contact Rose M. Sanders, LCSW, at 601-362-4471, extension 54454, or the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

STEP UP TO PREVENT FLU (*Continued from page 1*)

Step 4: Clean your hands AND surfaces around you

Wash your hands with soap and water or use hand sanitizer. Make sure you use paper towels to dry hands and don't share cloth towels. Always remember to clean your hands before eating or preparing food, before and after caring for someone who is sick, after coughing or sneezing, after using the bathroom, and remember to also clean surfaces that are touched often. Examples include phones, faucets, light switches, and countertops.

Step 5: Cover your coughs and sneezes

Use clean tissues and discard after each use. Coughing or sneezing into your sleeve is OK when you don't have a tissue, but always clean your hands after coughing or sneezing.

Step 6: Stay home when sick

Because flu spreads easily from person to person, stay home when you are sick. Studies show you are most contagious and likely to spread flu virus to others for at least five days after your first symptoms start and at least 48 hours after your last fever.

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Choose **VA**